

TESTIMONIALS

'I've discovered a strength I didn't know I had. Sue and her team are amazing - they know just when to push and when to give you a pat on the back!'

Shirley, Let's Get Healthy

'As a carer, this group has given me the confidence to know that I am doing the right things. I have met so many wonderful people from this group and we socialise outside the class and enjoy going on the walks. I have seen such a reduction of falls as my wife has improved her co-ordination through balance training with the group.'

Richard, Mossley Hill Better Balance

'It has totally turned my life around, increased my mobility and improved my outlook on life.'

Mike, ESCAPE-pain

Would you like to get Stronger, Fitter and Healthier, whilst having fun with people your own age?

Healthiness is a 'not-for-profit' health and fitness provider based in Liverpool which aims to improve quality of life for older and vulnerable adults. We provide exercise and health education that is fun and adapted to your health concerns.

Ask about our Passport to Health loyalty scheme for your chance to receive FREE classes and enter our monthly prize draw.

For more information, please contact us:



(0151) 728 8874



info@healthinessltd.co.uk



www.healthinessltd.co.uk



@LivHealthiness



Healthiness Ltd



Providing everyone with the opportunity to be healthy!



EXERCISE GRADE KEY



Suitable for beginners, new and returning exercisers



Suitable for intermediate and more stable exercisers



Suitable for advanced exercisers



For more information on public transport options for getting to our classes, please contact:



www.traveline.info
(0151) 236 7676

PROGRAMME AND TIMETABLE

ISSUE 1, 2020



Healthiness

List of Classes

Fun Fitness for All

Fun circuits and strength training class, specially adapted for all fitness levels. Including time for tea and socialising!

Monday 9.30am - 10.30am: £2.50 

St Mary's Church Hall, 1 South Drive, L15 8JJ

Tuesday 10.00am - 11.00am: £3  

Sanctuary, Upper Parliament Street, L8 7QL

N.B. please contact Sanctuary for attendance details



50+ Let's Get Healthy Hubs

A variety of exercise sessions for over 50s with health education, time for tea and coffee and socialising.

Wednesday 9.30am - 12.30pm: From £3.50   

9.30am: Boxercise & Circuits Class

10.30am: Health Education Session

11.30am: Boxercise & Circuits Class

Lark Lane Community Centre, Sefton Grove, L17 8XB

Friday 9.30am - 12.30pm: From £3.50   


9.30am: Dance & Tone Class

10.30am: Pure Tone Class

11.30am: Core & Stretch Class

Lark Lane Community Centre, Sefton Grove, L17 8XB

Healthiness Social

Fun Fitness Class, nutritional education workshops with plenty of social time, tea, table tennis and pool. Now also including a Walking Football class! 

Monday 12.30pm - 2.30pm: From £3.50

12.30pm - 1.00pm: Social Time

1.00pm - 2.00pm: Walking Football Class;


2.00pm - 2.30pm: Sports & Health Education

Lark Lane Community Centre,

Sefton Grove, L17 8XB



Walk for Health

Free outdoor walks around 45-60 minutes in length, ideal for everyone to improve their health and wellbeing. All walks are dementia friendly. 

Tuesday (Sefton Park) 10.00am - 11.00am

Meeting point: Sefton Park, Lark Lane gate, L17 8XB


Thursday (Sefton Park) 11.00am - 12.00pm

Meeting point: Mossley Hill Hospital

Reception, Park Avenue, L18 8BU



Chair-Based Fitness & Active Bingo

Fitness class with balance and strength training, adapted for adults with limited mobility and those at risk of falls. Class may be done seated or with the support of a chair. 

Tuesday 2.00pm - 3.00pm: £3

Kelton Park, Hillview, L17 0EQ

Tuesday 3.15pm - 4.00pm: Free

Palm House, Sefton Park, L17 1AP

Once per month



Cycle for Health

Social cycling groups with bicycle hire available. Places are limited - please contact us first to avoid disappointment.

Tuesday 1.00pm - 3.00pm: £2 


Broadgreen Hospital, Thomas Drive, L14 3LB

Thursday 1.30pm - 3.30pm: £2 

Croxteth Hall & Country Park, L11 1EH



Bat & Chat

A social table tennis session for older adults. Enjoy the game or learn how to play in a relaxed and friendly environment. This class is run in association with Red Neighbours. 

Tuesday 2.30pm - 3.30pm: £3

Anfield Sports Centre, Lower Breck Road, L6 0AG



Healthy Brain Active Body

Postural stability exercise classes specially tailored for people living with dementia, their carers and those at risk of dementia in the future.





Monday (Memory Fit): 2.00pm - 3.30pm: £3.50  

Lark Lane Community Centre, Sefton Grove, L17 8XB

Wednesday (Better Balance): 1.30pm - 3.30pm: £3

Mossley Hill Hospital, Park Avenue, L18 8BU 

Couch to 5K

A 10 week running programme designed for absolute beginners to get into running. Please register via EventBrite at: [tinyurl.com/healthinesscouch25k](https://www.eventbrite.com/healthinesscouch25k) or by telephone.  


Next start date: 12th February 2020

Wednesdays 5.30pm - 6.30pm

£10 for 10 weeks - Venue TBC



ESCAPE-Pain

A rehabilitation programme for people with chronic arthritic joint pain, integrating an exercise regimen with educational self-management and coping strategies. Each programme runs for six weeks and consists of twice-weekly classes. £25 for the course. 

South Liverpool Sessions Starts 20th Jan. 2020

Monday & Wednesday 1.00 - 2.30pm


Lark Lane Community Centre, Sefton Grove, L17 8XB

North Liverpool Sessions Starts 21st Jan. 2020

Tuesday & Thursday 1.00 - 2.30pm

Anfield Sports Centre, Lower Breck Road, L6 0AG

Functional Fitness

A class with exercise circuits and additional functional exercises, ideal for those who have completed the ESCAPE-pain course or other rehabilitation groups. 

Wednesday 2.30pm - 3.30pm: £3.50

Lark Lane Community Centre, Sefton Grove, L17 8XB

Thursday 2.30pm - 3.30pm: £2.50

Anfield Sports Centre, Lower Breck Road, L6 0AG